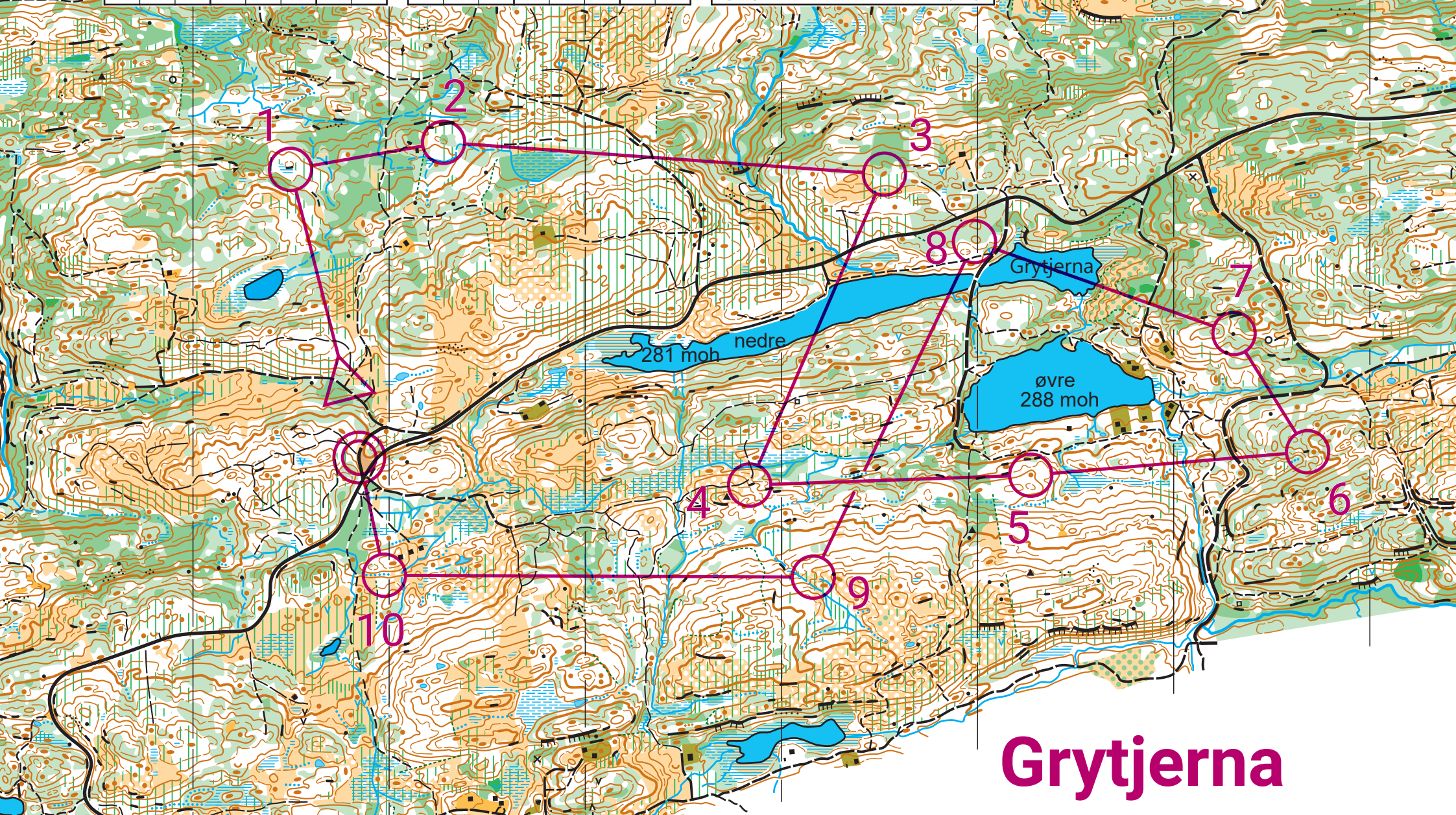


Treningsløp Grytjerna				
Målestokk 1: 7 500 m				
A - 5 km		4,7 km		
1	164			

2	165				
3	166				
4	160				
5	168				
6	167				

7	161				
8	158				
9	172				
10	171				
		180 m			



Grytjerna